



MUSHROOM & SPINACH WONTONS

SERVES 2 (MAKES 12)

150g baby spinach leaves
5–6 drained water chestnuts, chopped
2 dried shiitake mushrooms
12 square wonton wrappers
1 garlic clove, finely chopped
 $\frac{1}{2}$ tablespoon vegetarian oyster sauce
 $\frac{1}{2}$ tablespoon ponzu sauce plus extra to serve

Place shiitake mushrooms in water in base of steamer and heat over medium heat to bring to the boil. Once boiling, reduce heat slightly and add spinach to steamer basket. Cover and steam for 4–5 minutes. Cool slightly before pressing down on spinach to remove any excess water. Leave mushrooms to sit in boiling water while you prepare remaining ingredients. Combine water chestnuts, garlic and sauces in a small bowl. Remove mushrooms, drain and finely dice. Add to mixture and mix well. Place 1 teaspoon of mixture onto middle of each wonton wrapper. Use finger to paint edges of wrapper with water, fold over and clamp to press down and ensure no air is trapped in wrapper. Set aside and continue with remaining wrappers. Reheat steamer, checking water level is high enough. Once water is boiling, line steamer basket and add wontons. Steam for 5–6 minutes, or until wrappers are translucent. Serve with extra ponzu sauce for dipping.



QUINOA VEG BOWL

SERVES 1

60g white quinoa, rinsed
50g broccoli, cut into florets
1 small beetroot, peeled and sliced
3 Brussels sprouts, halved and ends trimmed
½ small sweet potato, peeled and sliced

Tahini Dressing:

60ml tahini
1 garlic clove, finely chopped
60ml warm water
Juice of 1 lemon
Salt and freshly ground black pepper

Prepare steamer and set over medium heat to bring water to the boil. Line steamer basket with parchment paper. Add quinoa to basket with 80ml water, cover with lid and steam for 10–15 minutes. Meanwhile, combine all dressing ingredients together in a jar, stir and/or shake well to combine. Stir quinoa, then add beetroot and Brussels sprouts. Steam for 5 minutes before adding sweet potato and broccoli. Steam for a final 4–5 minutes until all vegetables and quinoa are soft. Serve with tahini dressing drizzled over.



VEGETABLE STACK

SERVES 1

4–5 slices of sweet potato
2–3 slices of beetroot (slice around ½cm thick)
1 slice of pumpkin
1 flat field mushroom
1 roma tomato, sliced lengthways into 3
2 fresh lasagne sheets
3 tablespoons pesto
3 tablespoons ricotta
3 tablespoons olive oil
6–7 basil leaves
Sea salt

Prepare steamer and set over medium heat to bring water to the boil. Cut lasagne sheets into 3 equal pieces and start with 1 layer of pasta. Mix ricotta and pesto together and spread over pasta. Cover with sweet potato slices, drizzle with a little olive oil and sprinkle with salt and a basil leaf. Continue to layer in this way with each separate vegetable: pesto, vegetable, oil and seasoning. Top with last layer of pasta. Use a spatula to transfer stack to steamer, cover and steam for 10–12 minutes until pasta is cooked and vegetables are soft to touch. Serve with extra pesto mix on top and basil.



SALMON NIÇOISE

SERVES 2

250g salmon
150g green beans, ends removed and cut in half
3 tablespoons Kalamata olives
2 eggs
2 tablespoons natural Greek-style yoghurt
2 tablespoons mayonnaise
1 tablespoon olive oil
1 tablespoon lemon juice
Sea salt and freshly ground black pepper

Prepare steamer and set over medium heat to bring water to the boil. In a small bowl, mix yoghurt, mayonnaise, olive oil and lemon juice together. Add 1 tablespoon or so of water if needed to thin. Season and set aside. Once water is boiling, add eggs and salmon to basket, cover and steam for 3 minutes before adding beans and olives. Remove from steamer, flake salmon and divide between 2 plates. Peel and cut eggs into quarters and divide between plates with olives and beans. Drizzle with dressing and season to taste.



MERINGUE WITH STRAWBERRIES

SERVES 4-6

200g strawberries, cut into quarters
110g caster sugar
2 egg whites
1½ teaspoons cornflour
½ teaspoon white vinegar
1 tablespoon white caster sugar
300ml double cream, whipped (optional)

Prepare steamer and set over medium heat to bring water to the boil. Line base of steamer with parchment paper. Combine strawberries and sugar in a small bowl and set aside. In a large bowl, use electric beaters to whisk egg white to soft peaks. Continue beating while sprinkling sugar over egg whites. It will thicken and become glossy. Sift cornflour over egg white mix, then add vinegar and lime zest and fold through. Reduce heat to low, use a spatula to spoon meringue into steamer basket and make a round shape and smooth top. Cover and steam for 10-15 minutes. If steamer is too hot, meringue will puff up and cook too fast, so keep water at very low simmer. When done, meringue will be soft but set in place. Serve warm with strawberries or cool and top with cream and strawberries.

